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## **Body Measurements**

All body measurements, except height and feet, are taken with a tape measure and the subject clothed, wearing the appropriate undergarments, and without shoes.

Foot measurements are taken with a special foot-measuring device.

Measurements are to be snug but not binding, constricting, nor deforming.

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## **Tools Required for Taking Measurements**

- Standard vinyl tape measure and/or narrow steel tape.
- Standard height measuring device or wall chart.
- Scale for weight
- Hard Ruler, T-Square or L-Square.
- Adhesive dots, tape, or marker to mark measuring points on the body.

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## **Height**

The height measurement is taken with a hard measuring device such as a ruled wall or the ruler on a weight scale; measurement is taken with the individual in bare feet. Measure the height from the top of the head to the floor. Measurement must be exact, as it regulates the length of the coat and the depth of the waist.

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## **Chest (Men Only)**

Wrap the tape around the body at the largest part of the chest. Keep tape parallel to the floor.

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## **Upper Chest (Women Only)**

Measure the circumference of the chest with the tape placed well up under arms and over the shoulder blades on a horizontal line, taking the floor as level. This measurement is taken snug, there should be no slack in the tape measure, nor should it be held too tightly. Take the measurement from the center of the back instead of the front, with the subject standing in a natural position and not with the chest fully expanded.


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## **Bust (Women Only)**

Measure the circumference of the bust with the tape placed level across the back, under the arms, and over the fullest part of the bust. This measurement is taken snug, there should be no slack in the tape measure, nor should it be held too tightly. Take the measurement from the center of the back instead of the front, with the subject standing in a natural position and not with the chest fully expanded.

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## Waist

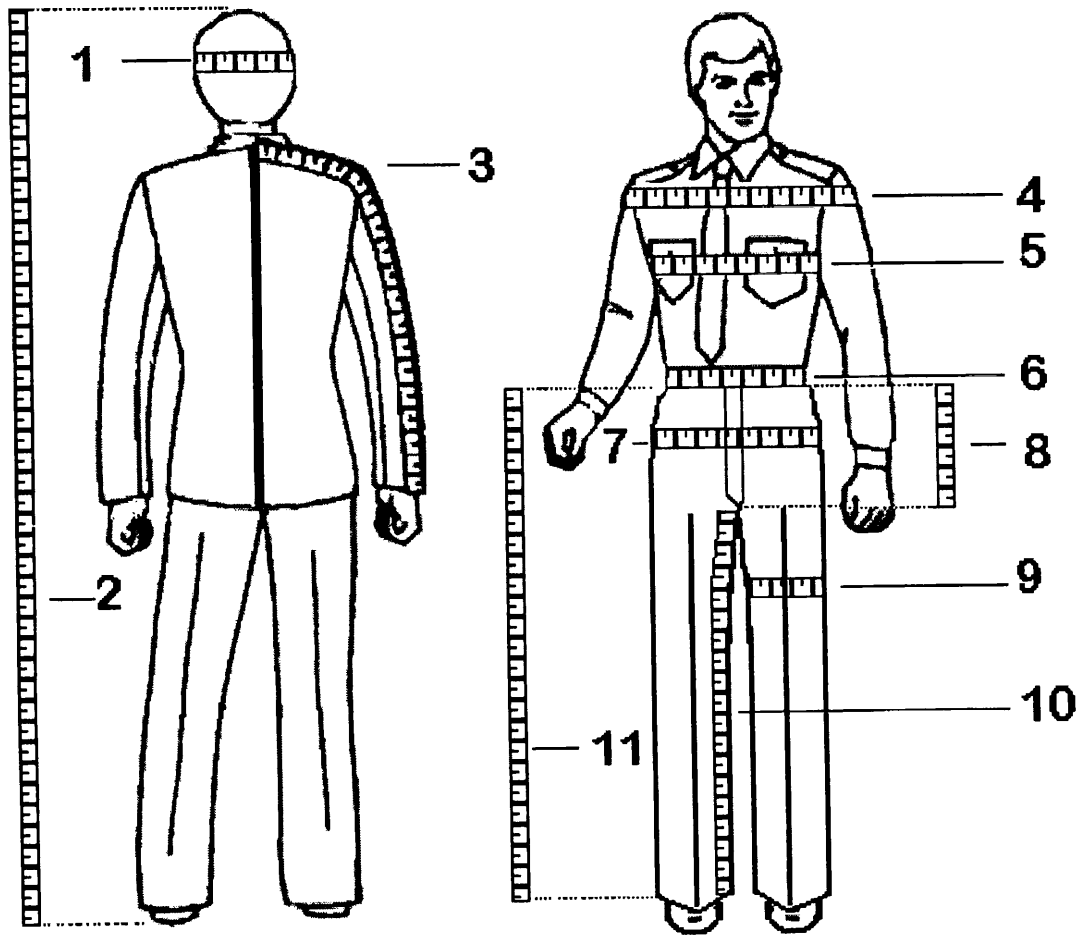
	<p>The subject stands with the abdomen relaxed. Keep measuring tape horizontal and measure the circumference of the waist with the tape placed just above the hipbones, just below the ribs, and about the level of the belly button. Tape should be snug, but not tight.</p>
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## Leg Inseam

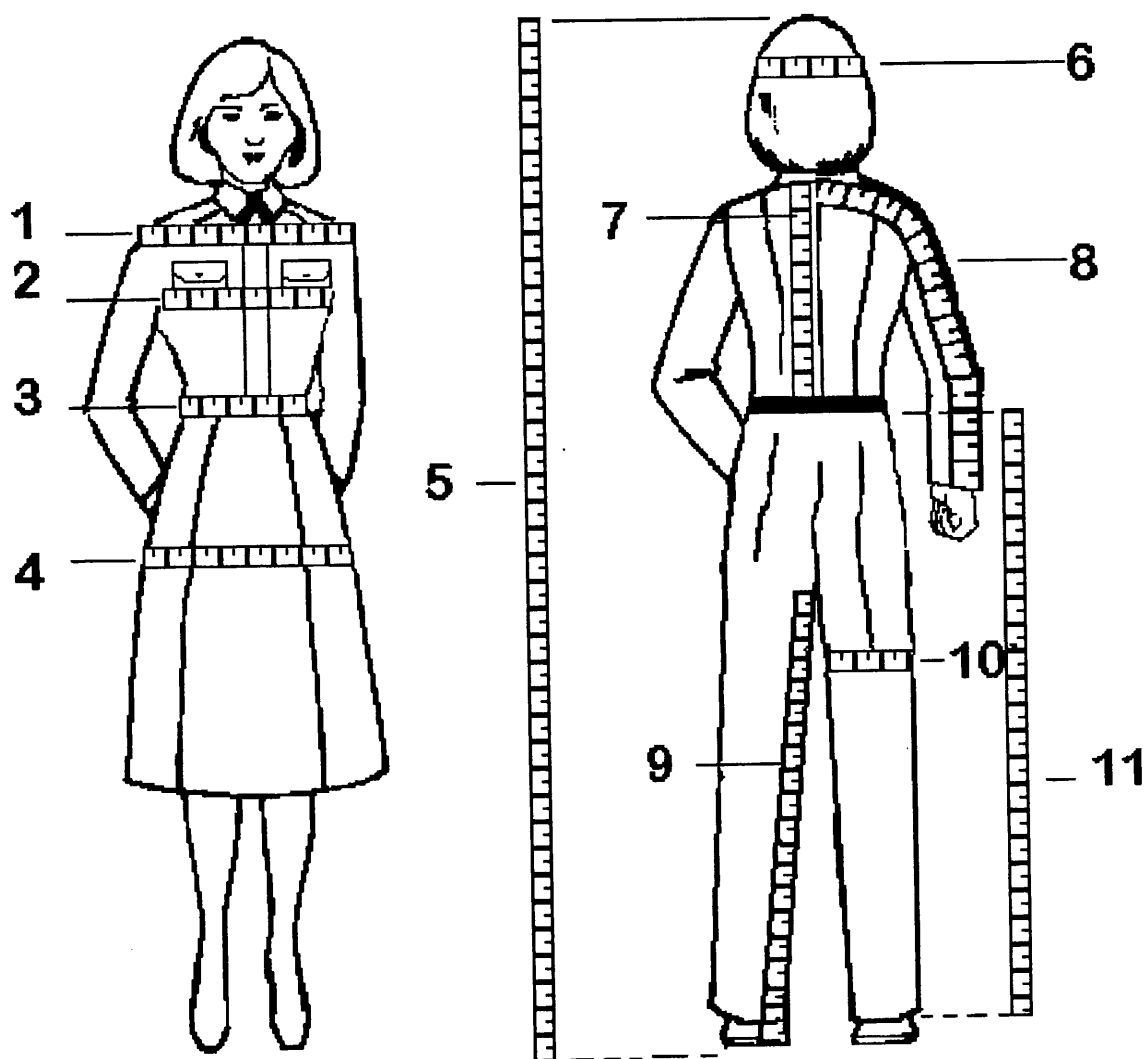
Have the individual stand without shoes. Hold the broad edge of the ruler against the inner thigh, comfortable up and in the crotch. Let the tape hang downward against the leg, from the middle of the crotch to the floor. Keep the ruler parallel to the floor. Measurement shall be taken from the crotch to the floor.

## Body Measurements for Men



1. Head (6.B.4.)	7. Seat (6.B.14.)
2. Height (6.B.2.)	8. Rise
3. Outside Sleeve (6.B.17.)	9. Thigh (6.B.16.)
4. Shoulder Circumference (6.B.7)	10. Inseam (6.B.25.)
5. Chest (6.B.8.)	11. Outseam (6.B.24.)
6. Waist (6.B.12.)	

## 6.B.25.b. Body Measurements for Women



1. Shoulder Circumference (6.B.7)	7. Back Waist Length (6.B.21)
2. Bust (6.B.10.)	8. Outside Sleeve (6.B.17.)
3. Waist (6.B.12.)	9. Inseam (6.B.25.)
4. Hips (6.B.15.)	10. Thigh (6.B.16.)
5. Height (6.B.2.)	11. Outseam (6.B.24.)
6. Head (6.B.4.)	